Monday: 11/16

|  |  |  |
| --- | --- | --- |
| Total: 2000 | Lane 7 | Lane 8 |
| Warm Up | * 200 CH
 | * 100 CH
 |
| Kick Set | * 400 IM K
 | * 300 IM K
 |
| Focus Set | * 4x4x25 Drill IMO
 | * 4x4x25 Drill IMO
 |
| Main Set | * 50 FR
* 25 BR/50 FR
* 50 BR/50 FR
* 25 BK/50 BR/ 50 FR
* 50 BK/50 BR/50 FR
* 25 FL/50 BK/50 BR/50 FR
* 200 IM with perfect turns!
 | * 50 FR
* 25 BR/50 FR
* 50 BR/50 FR
* 25 BK/50 BR/ 50 FR
* 50 BK/50 BR/50 FR
* 25 FL/50 BK/50 BR/50 FR
* 200 IM with perfect turns!
 |
| Cool Down | * 125 CH Cool Down
 | * 75 CH Cool Down
 |

Tuesday: 11/17

|  |  |  |
| --- | --- | --- |
| Total: 2150 | Lane 7 | Lane 8 |
| Warm Up | * 200 CH
 | * 100 CH
 |
| Kick Set | * 8x75 CH K (Fast to ½ off every wall, easy the other ½ )
 | * 6x75 CH K (Fast to ½ off every wall, easy the other ½ )
 |
| Focus Set | * 8x50 FR Drill 6 K Switch/Overkick by 25
 | * 8x50 Drill 6 K Switch/Overkick by 25
 |
| Main Set | * 6x125 FR (50 Pace, 50 Overkick, 25 Sprint)
 | * 4x125 FR (50 Pace, 50 Overkick, 25 Sprint)
 |
| Cool Down | * 200 CH
 | * 100 CH
 |

Wednesday: 11/18

Take a walk, a run, or a bike ride!

Thursday: 11/19

|  |  |  |
| --- | --- | --- |
| Total: 2000 | Lane 7 | Lane 8 |
| Warm Up | * 300 CH
 | * 200 CH
 |
| Kick Set | * 20x25 FL/FR by 25 @ :45
 | * 12x25 FL/FR by 25 @ :45
 |
| Focus Set | * 6x50 Midpool Focus on Fast turns, Breakouts, and SL past flags
 | * 6x50 Midpool Focus on Fast turns, Breakouts, and SL past flags
 |
| Main Set | * 6x100 @ 2:00 (Pace 1:45 or better)
 | * 4x100 @ 3:00 (Pace 2:15 or better)
 |
| Cool Down | * 300 CH Cool Down
 | * 200 CH Cool Down
 |

Friday: 11/20

|  |  |  |
| --- | --- | --- |
| Total: 2050 | Lane 7 | Lane 8 |
| Warm Up | Meet Warm Up* 200 Long and Stretch
* 200 Broken Speedplay
* 2x50 Drill
* 2x50 K Inline or SL
* 4x25 Midpool (4 Good turns)
* 2x25 Build to Fast Finish
* 2x25 Fast Breakout, Sprint to 15 M (Far flags)
 | Meet Warm Up* 200 Long and Stretch
* 200 Broken Speedplay
* 2x50 Drill
* 2x50 K Inline or SL
* 4x25 Midpool (4 Good turns)
* 2x25 Build to Fast Finish
* 2x25 Fast Breakout, Sprint to 15 M (Far flags)
 |
| Kick Set | Pick a stroke!* 4x150 K (50 sculling kick, 50 Build K, 50 Overkick Swim)
 | Pick a stroke!* 4x75 K (25 sculling kick, 25 Build, 25 Overkick Swim)
 |
| Main Set | Pick a stroke!* 2x25 Sprint from a push for time (15 sec. rest)
* 50 Easy
* 2x50 Sprint from a push for time (15 sec. rest)

 \*Try to hit goal time of combined 25s * 50 Easy
* 1x100 Sprint from a push for time

\*Try to hit goal time of combined 50s | Pick a stroke!* 2x25 Sprint from a push for time (15 sec. rest)
* 50 Easy
* 2x50 Sprint from a push for time (15 sec. rest)

 \*Try to hit goal time of combined 25s * 50 Easy
* 1x100 Sprint from a push for time

\*Try to hit goal time of combined 50s |
| Cool Down | * 300 CH Cool Down
 | * 200 CH Cool Down
 |